

# Thinking About ADHD

- Be cautious about DIY research
- Gather information from credible sources
- Avoid talking about ADHD as an illness
- ADHD is a condition of degree
- Children are struggling because expectations for self-control are too high
- Formal diagnosis is part of the education/treatment process
- We must be careful in how we apply these diagnoses
- An ADHD diagnosis can wrongfully stereotype a child
- Overemphasis on ADHD may cause us to miss other issues
- Most children can be successful with the right support
- Attention factors are central to our understanding of ADHD
- Maturation factors are part of ADHD
- Build a wholistic approach - build a team
- Communication between team members is key
- Teacher education should be part of the plan
- Importance of parent training and child coaching
- Make sure your clinician matches your child's needs
- Clinicians/educators need to give you things you can work on at home
- Additional therapies and supports can be helpful
  - School collaboration
  - Medication therapy can be helpful